

COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

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Website: <http://www.bedfordma.gov/council-on-aging>

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Saturday Activities Coordinator: Vicky Umanita • COA Board Chair : Roberta Ennis



*** Winter Weather Policies ***

If the Bedford Public Schools are closed or delayed due to weather, the senior center will be also. If there is severe weather but the schools do not close, we will hold activities if possible. However, please call before coming as presenters or teachers may not be able to get here. Staff will still be in their offices to assist you (though, of course, if you have an emergency, please call 911).

Those who have scheduled rides through the BLT should call the BLT about the status of their rides. Medical appointments through the Wheels of Life program will be evaluated on a case-by-case basis, although a recommendation will be made to reschedule if possible.

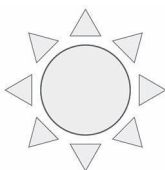
In the event of a long term emergency the town will broadcast emergency information on AM radio 1640 as well as on the town website www.bedfordma.gov. Finally, if you are without heat and electricity for more than 12 hours and the temperature outside is less than 45 degrees, seek shelter with heat and electricity. If you have nowhere to go and need shelter, call the Public Safety Dispatch at (781) 275-1212 for assistance.

Exploring Southern Florida



Join Carol and Ron Reynolds at 1:00 on February 11 as they present a program on their travels in Southern Florida. Come and see Everglades, Biscayne, and Dry Tortugas National Parks as well as

several wildlife refuges. You'll see the wonderful birds and other wildlife of the parks as well as learn about some of the natural history of the area.



FREE Tax Assistance

The Council on Aging will again be offering FREE income tax preparation beginning **February 9th** and will accept appointments until **April 9th**. Volunteers certified under the AARP Tax Aide Program will prepare your simple Federal and Massachusetts personal income tax returns or answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers with special attention to those over age 60. Call the COA at (781) 275-6825 to schedule a confidential appointment. Saturday appointments are also available by calling the Bedford Library at 781-275-9440.

SATURDAYS AT THE COA

We are open 12 - 4 PM!

12:30 Beginner's Italian

1:00 Bridge, cards, pool

1:15 Movie (See page 3 for more details!)

The Council on Aging
will be closed on
Monday February 16
in honor of
Presidents Day.

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✿ JUST FOR FUN ✿

Join the SongFest in celebrating Valentine's Day all month long! We'll be singing Love Songs every Wednesday at 10:30!



WIZARD MUSIC:

Friday, February 6 at 1:00pm

John Kienzle from Wizard Music will provide keyboard "Valentine Songs" for easy listening. Come in for lunch, relax and enjoy John's music!

Atria Luncheon

On **Tuesday, February 3 at Noon**, we are delighted to welcome back "Chef Jim," from Atria Longmeadow Place in Burlington. He will be here at the Council on Aging to impress us with his culinary talents once again! Jim will be preparing a delicious, and healthy chicken stroganoff lunch for all those who **sign up** by Monday February 2. Looking forward to you joining us!

Name That Tune!

Becoming a monthly favorite at the Council on Aging, Laura Blair from Concord Health Care, will be back to present an afternoon of music and fun on **Monday February 23 at 12:30 PM**. Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling (781) 275-6825.

Meet & Greet Gina Rada, Veterans Services Director

Come join us as we 'Meet and Greet' our new Veterans Services Director, Gina Rada on **Thursday, February 12 at 12:30** at the Bedford COA. Gina will provide services to veterans and their families in Bedford and Lexington. She has a fascinating professional path which brought her to this new and exciting position where she continues her history of helping veterans. Gina is the recipient of numerous awards for her investment in the well-being of our service men and women. As the district director, Gina will be working as a liaison between veterans and the Department of Veterans Affairs. She will assist veterans and their families who need assistance with claims and benefits including disability claims and health care benefits.



Breakfast and BINGO Tuesday, February 10 9:30 AM

Lisa Honka is back at the COA! Come play for a chance to win some GREAT prizes! Breakfast and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.

Acoustic Ken Pruyn February 18, 1:30 PM

Back by popular demand and with **SURPRISE MUSICAL SELECTIONS**. Our very own Ken Pruyn will entertain and delight us. Come relax and enjoy the afternoon!! Of course, we will have sweet treats to munch on!



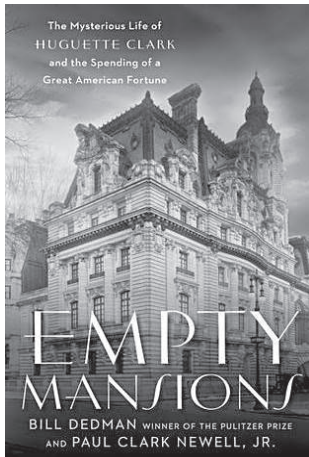
Have Lunch at the Bedford Café!

A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3



Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.



Library Book Discussion: Tuesday February 24, 1:00 PM

Staff from the Bedford Free Public Library will be leading a book discussion at the Council on Aging on *Empty Mansions: The Mysterious Life of Huguette Clark and the Spending of a Great American Fortune* by Bill Dedman and Paul Clark Newell, Jr. "When Pulitzer Prize-winning journalist Bill Dedman noticed a property listing for a grand estate that had been unoccupied for nearly sixty years, he stumbled into one of the most surprising American stories of the nineteenth and twentieth centuries. Empty Mansions is a rich tale of wealth and loss, complete with copper barons, Gilded Age opulence, and backdoor politics."



Saturday Afternoon at the Movies!

Thanks to the FBCOA for our funding!
All movies begin at 1:15 PM



February 7 *The Hundred-Foot Journey* (2014) PG Relocating from India to a quiet village in the south of France, chef Hassan Kadam and his family open a restaurant called Maison Mumbai. But when their business starts to thrive, a competing restaurateur (Helen Mirren) launches a war between the eateries.

February 14 *And So It Goes* (2014) PG-13 When he's obliged to take over the care of a previously unknown granddaughter, wealthy and self-absorbed Oren (Michael Douglas) is suddenly in need of major help. His neighbor Leah (Diane Keaton) comes to the rescue -- not only bailing out Oren but also capturing his heart.

February 21 *Elsa & Fred* (2014) PG-13 The story of two people who, at the end of the road, discover that it's never too late to love. After losing his wife, Fred (Christopher Plummer) feels disturbed, confused and alone, so his daughter (Marcia Gay Harden) helps move him into a small apartment where he meets Elsa (Shirley MacLaine). From that moment on, everything changes.

February 28 *This Is Where I Leave You* (2014) R In accordance with Jewish custom, four siblings gather to sit shivah after their father's death but are soon bickering and renewing old grudges. Brought together for the first time in years, the quarrelsome brood is in for a weeklong emotional duel.

Friends of the Bedford Council on Aging

Next Meeting: Tuesday, February 10 at 1:00 PM

FBCOA Annual Membership Dues 2014—2015

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____

(Tax deductible contributions gratefully accepted)

NAME _____

ADDRESS _____

TOWN/ZIP CODE _____

EMAIL: _____

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia: bsrpurchia@aol.com with FBCOA in the subject line.

Fix It Shop is Open for Business!

Regular hours are Tuesdays and Wednesdays from 9:00 AM - Noon. All proceeds benefit the FBCOA. Whether you need a watch battery replaced or your vacuum cleaner needs repairing, the Fix it Shop volunteers can do just about any job!

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.



Fitness News



MORNING EXERCISE CLASSES

(Taught by Andrea, Sharon & Sophia)

5 classes per week for \$50/month - only \$2.30 per class!

3 classes per week for \$45/month - only \$3.20 per class!

2 classes per week for \$35/month - only \$3.89 per class!

1 class per week for \$20/month - only \$4.62 per class!

How are the classes different you ask?

Mondays classes (9:00 AM) are taught by Andrea Dollett, a long-time instructor here at the Bedford Council on Aging. Her class is our most intense class of the week, with an optional 30 minute Pilates class following an hour of aerobics and weights.

Bedford Local Sharon Cummings teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). These classes are a combination of aerobic exercise and strengthening, stretching and balance work. These two days are our middle level classes.

Tuesday (9:30 AM) and Thursday (10:00 AM) are taught by Sophia Halilova, also a long-time instructor at the COA. Her class focuses more on strengthening, stretching and balance. These classes are our lowest impact morning exercise.

Come join us!
Your body will thank you!

Drop in rate for the above classes is \$5.00/day

BONING UP ON OSTEOPOROSIS!

Beverley J. Ikier, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. Osteofitness™ for Osteoporosis and Osteoarthritis is more than just strengthening. The program focuses on joint mobility with progressive resistance training to increase bone density, a training method developed by Miriam Nelson, PhD and others. OsteoFitness™ classes are held on Tuesdays and Fridays at 12:30 PM at the COA. The cost of this program is \$160 (includes 20 classes). Please visit the COA or call to register at (781) 275-6825.



WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

CHAIR EXERCISE: Great for range of motion and balance improvement. This class is practiced in a chair and includes elements of yoga and mediation. **\$65** per 8 week session (Wednesdays at 12:30 PM w/Madeline)

CHAIR YOGA: A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Mondays at 9:30 w/Larraine or Fridays at 9:30 w/Helen; **\$65** per 8 week session *Take both for just \$120!

FLOOR YOGA: This form of yoga is practiced using a mat on the floor. Includes 30-minutes of meditation at the end. Mondays at 11:15 or Thursdays at 9:15 w/Larraine; **\$65** per 8 week session *Take both for just \$120!

TAI CHI: Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of it's soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association. **\$65** per 8 week session.

ZUMBA GOLD: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination; **\$65** per 8 week session (Tuesdays at 4:00 PM w/Vera)

Drop in rate for the above classes is \$10 per day

Tap Dancing Returns!

Join the talented Chuck Frates for his popular Tap Dancing class on Tuesdays at 11:00 AM. This session will run for **8 weeks** and the cost is \$65.00. Payment is due upon sign up and checks should be made payable to the Town of Bedford. No previous experience is required. Don't forget your tap shoes!

Pre-registration is required for all classes. Please let us know if you have any questions.

Evenings at the COA



Author Discussion

Do you have a favorite author? A favorite book? Join Diane for a monthly gathering to discuss various authors and their respective works. This new and exciting group will begin on **Wednesday, February 4** at 7 p.m. We will begin with author John Steinbeck. Come share your ideas, opinions and/or insights about this talented and much respected author! Come and join us as we discuss his inspirational, informative and interesting novels. Prior knowledge or reading of the author's works are not essential but are welcomed. Some of Steinbeck's works include: *Of Mice and Men* (1937), *The Grapes of Wrath* (1939) and *Travels with Charlie: In Search of America* (1960).

Please feel free to bring your dinner if you are arriving straight from work; the COA kitchen has a microwave, coffee/tea and a relaxing atmosphere.



Wednesday February 11, *The Love Punch*, an International Film Festival 2013 premier directed by Joel Hopkins will begin at 7 pm Wednesday evening. A light and entertaining British comedy about a jewel-heist in which

the talented cast, Pierce Brosnan (Richard) and Emma Thompson (Kate), indulge the audience in a bit of fun. Settings of the gorgeous French landscapes add to the attributes of this light hearted film.

Snap, Crackle, Pop! It's a new year with new goals and new opportunities. Join us at the Bedford Council on Aging for a new series of dinner seminars designed to help you prepare for your retirement. Offered monthly, these free seminars will offer many tools for 50-65 year olds. Our first seminar will be held Wednesday, February 18th 6-7:30 pm. Registration required by calling the Bedford COA at (781) 275-6825 by Friday, February 13.

Health Care and Your Retirement - Learn about the potential impact of rising health care costs on retirement savings. Includes an introduction of medicare coverage and costs, long-term care costs, available options for supplemental health care and long-term care insurance.

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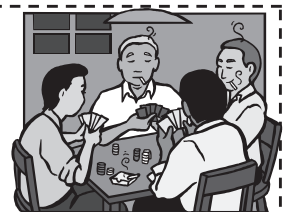
~ Presentation by Barb Davis, Edward Jones Investments


21 Jump Street will be shown Wednesday, February 25 at 7 pm at the COA. Come join us in a comfortable, relaxing atmosphere to watch this Action/Comedy/Crime film starring Jonah Hill and Channing Tatum. A surprisingly funny and entertaining film with never a dull moment including lots of laughs and not-so-subtle messages; a refreshing spin on the familiar story line of nerd vs. jock.



Wednesday is 55+ Night!

Meet up with your friends to play pool, poker, cribbage, and other games on Wednesday evenings from 6:30-8:30 at the COA! Our computers will also be available for use during this time. There are no required memberships or fees, just a fun place for people to get together!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts	9:00 Fix It Shop 9:30 Exercise 11:00 Dup. Bridge/ Tap 12:00 Atria Lunch 12:30 OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again/ Great Books	9:00 Exercise/ Fix It Shop 10:00 Computer Club 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE 6:30 Sit 'n Stitch/ 55+ 7:00 Author Discussion	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 12:30 Art Class 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Wizard Music/ Scrabble/ Line Dancing
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates/ BINGO/ Science & Tech Club 11:15 Floor Yoga 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	9:00 Fix It Shop 9:30 Exercise/ Breakfast & BINGO 10:00 SHINE 11:00 Dup. Bridge/Tap 12:30 OsteoFitness 1:00 FBCOA 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	8:30 Fire Breakfast 9:00 Exercise/ Fix it Shop 10:00 Genealogy 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Travelogue 6:30 Sit 'n Stitch/ 55+ 7:00 Movie	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 12:30 Veterans Meet & Greet/ Art Class 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 10:30 Memory Loss 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Nurse's Hours/ Line Dancing
CLOSED 	9:00 Fix It Shop 9:30 Exercise 11:00 Dup. Bridge/Tap 12:30 OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise/ Fix it Shop 10:00 Veterans Coffee 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:30 Ken Pruyn 2:00 SHINE 6:00 Retirement 6:30 Sit 'n Stitch/ 55+	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise/ Hearing 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 1:30 Computer Clean Out 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Line Dancing
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 12:30 Name That Tune 1:00 Poker/ Floor Yoga/ Nurse's Hours 3:00 Handcrafts	9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 11:00 Dup. Bridge/Tap 12:30 OsteoFitness 1:00 Book Discussion 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise/ Fix it Shop 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ 55+ 7:00 Movie	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:30 Brightview Tour 12:30 Art Class 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Line Dancing

February



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Don't Forget These Ongoing Activities

Bingo! All are welcome on Monday February 9 at 10:00 for a chance to win token gifts.

Songfest Wednesdays at 10:30! All are welcome to join this fun and spirited group!

Play Scrabble! Do you love to play Scrabble? Then come to the COA Fridays at 1:00 to play!

Texas Hold 'Em Poker! Join the game each Monday at 1!

Handcraft Group Bring your own handcraft projects and chat on Mondays at 3:00! New members always welcome!

Play Mah Jongg! Wednesdays beginning at 11:00! All are welcome! Lessons available!

Play Duplicate Bridge! Every Tuesday and Thursdays 2/5 and 2/19 at 11 AM.

Science & Tech Club Join us Monday February 9 at 10:00 for this exciting conversation!

Coffee Hour Meet new friends and have a cup of coffee or tea on Tuesday evenings at 6:00.

Talk to Your State Representative Please contact the COA to find out when Ken Gordon will be visiting!

Are You A Federal Retiree? Rosemary Dyer is available to answer questions about your benefits. Please call the COA to arrange a meeting.

Current Events This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!

Genealogy Explore your family tree on Wednesday February 11 at 10:00 AM

Nom de Plume Writers Group meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members are always welcome!

Single Again Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.

Line Dancing with Katrina Fridays at 1 PM. The class costs \$2 (paid to instructor).

Discover Tap Dance! Chuck will have you tapping on Tuesdays at 11:00! Each 8-week session is only \$65. Don't forget your tap shoes!

Bedford-Lexington Great Books Meets in the Flint Room at 7:30 PM on **Tuesday February 3** to discuss **William Faulkner *As I Lay Dying***, Vintage (corrected text). (Snow date: 2/3) Newcomers are always welcome!

Trips! Trips! Trips!

Redhook Brewery Tour



Join us on **Monday, March 16** for a trip to Portsmouth NH to visit and tour the Redhook Brewery! The tour includes a guided walk through the brewery, some Redhook history, an explanation of just how we make our fine beers, and a sampling session with three to four samples of beer and a souvenir pint glass. We will also be staying for an exceptional lunch at the Cataqua Pub, named after the Piscataqua River that divides New Hampshire and Maine, the third fastest flowing navigable river in the world. "Piscataqua" is a Native American term, metaphorically translated to "a place where people come together, and where they part on their separate ways." **Look for all the details in the March newsletter!**

Old Schwamb Mill



On **Tuesday, March 31** jump on the bus for a trip to the historic Old Schwamb Mill in Arlington. We'll take a tour and see how they produce hand-turned museum quality oval frames. The historic Old Schwamb Mill site itself survives as a continuously operating site where, for more than 300 years, immigrant Puritan, Yankee, and German entrepreneurs harnessed the free water power of a narrow, fast moving brook to run machines and develop a series of family-owned businesses. The Mill's story is as compelling as the beauty of the frames produced here for the most recent 137 years. We'll stay local and have a hearty lunch at Not Your Average Joe's. Details to follow in the **March newsletter.**

All trips depart from the Bedford Town Hall parking lot in front of the police station unless otherwise noted.



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For Your Health

Health Screenings

Nurse's Hours: Friday, February 13 and Monday February 23 Community Health Nurse, Joyce Cheng will be at the COA at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

Podiatry Clinic: Friday, March 13

Dr. Bryant Tarr will be at the COA from 8-11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

SHINE Health Benefits Help! SHINE counselors from Minuteman Senior Services will be available **Tuesdays February 10 and 24** beginning at 10 AM and **Wednesdays February 4 and 18** beginning at 2 PM. Please call to make an appointment! If you cannot leave your home, they will call you.

Free Hearing Clinics: Joe Sarofeen of Apex Hearing will be here on **Thursday, February 19** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

Muscle Care Clinic

With Wayne Durante, LMT

\$10 for 10 minutes

Thursdays beginning at 9:00 AM

Please call for an appointment : 781-275-6825

Memory Red Flags

Jenn Quinn, a longtime Bedford resident and owner of ComForcare Home Care, will be presenting a program at the COA on Red flags and concerns about Dementia and memory loss at 10:30 on Friday, February 13. These questions pop up all the time for most of us at some point in our lives. "Knowledge is power" and information and strategies are changing constantly. Please join us! Sign up is encouraged.

Could You Use Some Help With Home Heating Bills?

Applications for fuel assistance are currently being accepted. If you could use some help paying your home heating bills, the Fuel Assistance Program may be for you! To be eligible, you must be a Bedford resident and have a maximum income of \$32,618 for a one-person household to \$42,654 for couples. Contact the COA at (781) 275-6825 for more info or to set up an appointment. All information will be held confidential. Remember, your taxes paid for this program, so if you think you qualify, apply for the benefits you deserve!

Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ◆ Senior service evaluation and coordination
- ◆ Senior-related crisis intervention
- ◆ Assistance in choosing housing, including assisted living and nursing facilities
- ◆ Transportation to medical appointments
- ◆ Help in obtaining public benefits
- ◆ Health benefits counseling
- ◆ Job placement through the Town and in the private sector
- ◆ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ◆ Legal counseling by an attorney
- ◆ Tax preparation by AARP/IRS

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

What You Need to Know



SCIENCE & TECHNOLOGY CLUB

Will be meeting **Monday February 9 at 10:00 AM** to view and discuss *How We Got To Now with Steven Johnson, Episode 1: Clean*. Learn how clean water has changed our world and the way we live our lives. Bring your ideas for future meetings! We would love to hear about your interests!

Fire Safety Breakfast

February is Burn Awareness Month. Join Fire and Life Safety Educator Nick Anderson on Wednesday, February 11 at 8:30 AM for a delicious breakfast and more information on fire safety in the home! Please call (781)275-6825 to sign up!

Reminder!

Please contact the Council on Aging at (781) 275-6825 if you will need a ride to Town Meeting, March 23 and 24.

"National Clean Out Your Computer Day"

Did you know that the second Tuesday in February is "National Clean Out Your Computer Day"? Well... if you happen to miss the day, or don't know *how* to clean out your computer, Leo Cierpial, will be at the COA on **Thursday, February 19 at 1:30** to give you some pointers on cleaning out the cobwebs and dust bunnies, as well as that all-important hard drive cleanup.

Leo, our very own computer genius, will be helping all who need it (and who don't) learn how to clean out computer files. We will meet in the computer lab. Please sign up! Our computer volunteers will also be available afterwards to help with any other questions.

Visit Brightview for Lunch!

Are you thinking about Assisted Living for yourself or a loved one? Jump on the bus

BRIGHTVIEW
CONCORD RIVER
ASSISTED LIVING

to Brightview Concord River! Brightview has once again opened their home in Billerica to Bedford seniors to check out the facility, have lunch and enjoy. Join us on **Thursday, February 26 at 11:30**. Sign up is mandatory and van service from the Bedford COA will be provided. Limit 16.

Jacob Wren Throckmorton Memorial Art Show

Calling all Bedford artists 55 and older to come share and display your artwork. Do you paint in watercolor? Do you sculpt? Do you create mosaics? Do you use charcoal? Do you have paintings from the past which you would love to share with others? Whatever your materials, whatever your medium – come and offer others the opportunity to enjoy your creative talents. An art show of seniors' artwork along with works created by Bedford's young Jacob Throckmorton is scheduled for showing to the public April 10th and April 11th at the Bedford Council on Aging. This art show is in honor of Jacob Throckmorton's memory, especially his dedication in helping the seniors of Bedford, for which we are so very grateful.

**April 10-11 at the
Bedford Council on Aging**

Computer Club

Meetings will continue on the 1st Wednesday of each month through the winter. A round table discussion will be held on **Wednesday February 4 at 10:00 AM**.

Computer Drop-In

All are welcome!!! Our friendly Computer Club volunteers will be here each Tuesday and Thursday afternoon at 2:00 to help those with questions about any aspect of computer use.

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com

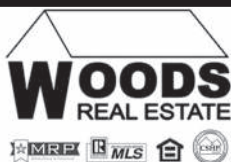


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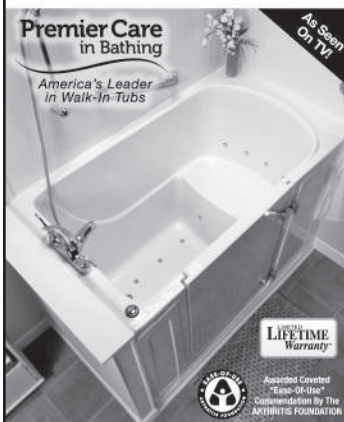
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On Wednesday Evenings...*The COA is the place to be!***Feb 4 @ 7PM:** Author Discussion**Feb 11 @ 7PM:** Movie: *The Love Punch***Feb 18 @ 6PM:** 'Health Care & Your Retirement'**Feb 25 @ 7PM:** Movie: *21 Jump Street*

Plus Pool, Cards and more

starting at 6:30 PM

*See Page 5 for details!***Join A Club!****Science & Technology Club, Monday, February 9****Current Events Thursdays at 1:00****Genealogy Wednesday, February 11****Book Discussion Tuesday February 24***See Page 7 & 10***Meet And Greet: Gina Rada,
Veterans Services Director****Thursday, February 12 at 12:30****Details on Page 2****New Trips!**Redhook Brewery
TourOld Schwamb Mill
Tour*See Page 7 for info!***On Tuesday Evenings...****Have Coffee with
friends at 6!****Or get up and dance
with Vera and the
Zumba class at 4!****Music at the COA**

Friday February 6

Wizard Music

Wednesday February 18

Ken Pruyn

Monday February 23

Name That Tune

...and SongFest

on Wednesdays!

See Page 2!**Health Screenings:***Nurse's Hours & Blood
Pressure*Friday, February 13 &
Monday February 23 at 1!*Apex Hearing*Thursday February 19 at
10AM (Please call for an
appointment)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:45 Lunch 1:00 Poker Floor Yoga 3:00 Handcrafts	9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge Tap Dance 12:30 OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise Fix It Shop 10:00 Computer Club 10:30 Songfest 11:00 Mah Jonge 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch 55+ Night	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 10:00 Duplicate Bridge 11:00 Current Events Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble Line Dancing	12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie *PLUS MUCH MORE EVERY DAY! See Inside for details!*

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